



# IYA KANTHA SENTHURAM

Ref:- Siddha Vaithiya Thirattu



## Ingredients:

- Elemental iron
- Sodium tetra borate
- Sodium Chloride (Rock salt)
- Magnetic ore of iron
- Potassium aluminum sulphate
- Ammonium Chloride
- Elemental Sulphur
- Alkaline Earth salt
- *Cinnamomum camphora*
- Mercuric sulphide
- Sodium Chloride
- *Citrus aurantifolia*

## Action:

It acts on erythropoiesis to improve the production of RBC. It also rejuvenate the bone marrow cells for the regulation of erythropoietic function. It increases the abundance of Iron, Vitamin B12 and Folate. It reduces the oxidative cells to make ease for oxygen absorption.

## Indications:

Iya Kantha Senthuram can be prescribed for the following conditions

- Increases hemoglobin or hematocrit

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No. of days
120~200 mg	Thirikadugu	250 mg	Honey	10 ml	Y	Y	Y	-	50

**Direction** : - Take the prescribed quantity of Iya Kantha Senthuram mix with 250 mg of Thirikadugu & 10 ml honey and consume 30 minutes before food.

## Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

## Side Effects:

Iya Kantha Senthuram is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

**Note:** The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.